

What Is Claimed Is:

1. A sheathed-element glow plug, in particular for internal combustion engines, essentially comprising a housing; a glow tube situated on the housing and having a heating and regulating filament situated in the glow tube, current being applicable to this heating and regulating filament via a terminal stud situated in the housing, wherein the control filament (7) or the heating filament (5) or the heating and control filaments (4) optionally are multiple-coil filaments.

2. The sheathed-element glow plug as recited in Claim 1, wherein the winding diameter of the first filament has the smallest diameter (wd1) and the additional windings have larger diameters (wd2, wd3, wdn).

3. The sheathed-element glow plug as recited in Claim 2, wherein the filaments having the individual filament diameters (wd1, wd2, wd3, wdn) are wound in the same direction.

4. The sheathed-element glow plug as recited in Claim 2, wherein the filaments having the individual filament diameters (wd1, wd2, wd3, wdn) are wound in opposite directions.